

Black Pepper Chicken & Veggies

with Garlic Rice

Grab your Meal Kit with this symbol



Garlic



Jasmine Rice



Onion



Green Beans



Carrot



Fresh Chilli (Optional)



Herbs



Chicken Thigh



Black Peppercorns



Ginger Paste



Teriyaki Sauce



Chicken Breast

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: **30-40 mins**
Ready in: **35-45 mins**

Eat Me Early

Spicy (optional fresh chilli)

Forget takeout: the path to sweet-and-savoury dinner bliss is as simple as breaking out a frying pan. In this easy recipe, chicken, pepper and teriyaki sauce collide into a symphony of flavours and textures that are so delicious, you might just lick the bowl clean.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Plain Flour, Soy Sauce

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	4 cloves	8 cloves
butter*	20g	40g
jasmine rice	1 packet	1 packet
water* (for the rice)	1¼ cups	2½ cups
onion	1 (medium)	1 (large)
green beans	1 bag (100g)	1 bag (200g)
carrot	1	2
fresh chilli (optional)	½	1
herbs	1 bag	1 bag
chicken thigh	1 packet	1 packet
black peppercorns	½ sachet	1 sachet
plain flour*	2 tbs	¼ cup
ginger paste	1 medium packet	1 large packet
teriyaki sauce	1 packet (65g)	1 packet (130g)
soy sauce*	½ tbs	1 tbs
water* (for the sauce)	2 tbs	¼ cup
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3388kJ (809Cal)	642kJ (153Cal)
Protein (g)	44g	8.3g
Fat, total (g)	20.9g	4g
- saturated (g)	8.4g	1.6g
Carbohydrate (g)	111.2g	21.1g
- sugars (g)	29.5g	5.6g
Sodium (mg)	1120mg	212mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3364kJ (804Cal)	643kJ (154Cal)
Protein (g)	43g	8.2g
Fat, total (g)	20.7g	4g
- saturated (g)	8.3g	1.6g
Carbohydrate (g)	111.2g	21.3g
- sugars (g)	29.5g	5.6g
Sodium (mg)	1117mg	214mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

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1 Make the garlic rice

Finely chop the **garlic**. In a medium saucepan, heat the **butter** with a dash of **olive oil** over a medium heat. Cook 1/2 the **garlic** until fragrant, **1 minute**. Add the **jasmine rice**, **water (for the rice)** and a pinch of **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **12 minutes**, then remove from heat and keep covered until the rice is tender and the water has absorbed, **10-15 minutes**.

TIP: The rice will finish cooking in its own steam so don't peek!



4 Cook the veggies

SPICY! Crushed pepper can be hot, add less if you're sensitive to heat. Wash and dry the frying pan, then return to a medium-high heat with a drizzle of **olive oil**. Cook the **onion** and **carrot**, tossing, until tender, **5 minutes**. Add the **green beans** and cook, tossing, until tender, **2 minutes**. Add the **ginger paste**, crushed **peppercorns** and remaining **garlic** and cook until fragrant, **1-2 minutes**. Add the **teriyaki sauce**, the **soy sauce** and **water (for the sauce)**. Stir to combine.



2 Get prepped

While the rice is cooking, thinly slice the **onion**. Trim the **green beans** and halve lengthways. Thinly slice the **carrot** into half-moons. Thinly slice the **fresh chilli** (if using). Roughly chop the **herbs**. Cut the **chicken thigh** into 2cm chunks. Crush the **black peppercorns** (see ingredients) with a mortar and pestle, or in their sachet using a rolling pin.

CUSTOM RECIPE

If you've swapped your chicken thigh for chicken breast, prep the chicken in the same way as above.



5 Bring it all together

Add the **chicken**, then stir to coat in the sauce. Remove the pan from the heat.



3 Cook the chicken

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. In a shallow bowl, add the **plain flour** and **chicken**, then toss to coat. Using tongs, shake off any excess flour, then add the **chicken** to the pan. Cook, tossing, until golden and cooked through, **5-6 minutes**. Transfer to a plate lined with paper towel.

CUSTOM RECIPE

Cook the chicken in the same way as above.



6 Serve up

Divide the garlic rice between bowls. Top with the black pepper chicken and veggies. Garnish with the herbs and chilli to serve.

Enjoy!